



**Site Visit Programmatic Questions
Positive Alternatives 2016
YWCA Duluth – May 20, 2016**

1. Update/ Demographic Reporting

- Review your two most recently submitted Update/Demographic Reports: are you meeting Report Count Goals?

Yes

- Note any significant differences between the reports: are your programs stable? Improving? What do the reports indicate about progress in your programs?

PA programming has been stable. The waiting list has been increasing due to need in the Duluth community

- Any questions on the recording of data on either form?

Yes, there were some questions regarding recording on the quarterly reports. Update reporting needs to include individual services provided as we had discussed. Not all previous services have always been reported this way. The PA staff will make an effort to record all services provided through PA funding moving forward. We also discussed the intake necessary services category and how to record data there. It was suggested that all women who have an intake completed (even those placed on the wait list) should be included in those numbers.

2. Work Plan

- Review your 2012-16 grant application's description of the program you requested to be funded. Note the services and activities you said you would provide and the number of clients you would serve.
- Please prepare a **short summary of your current program(s) and the number of clients being served.** Address these topics:
 - a. How does what you describe in the application compare with what you are currently providing?
 - b. Have any programs and/or activities or services been added or removed?
 - c. Have the number of clients being served per quarter decreased or increased in the 4th year?
 - d. Is there anything in particular you want to share about your current program to explain its current status?

YWCA of Duluth: Positive Alternatives Update

The Spirit Valley Young Mother's Program has continued to provide necessary services, resources, referrals, programming opportunities and housing for pregnant women and

women with infants. We have recently been able to provide programming every night of the week to women that are either living in the housing program or are former program participants. Programming that is offered varies on a week by week basis, however, some of the following are favorites of the women and their children: yoga, zumba, Circle of Security, scrapbooking, group tutoring, car seat safety, healthy choices and relationships, and nutrition/cooking. By providing programming each evening of the week it provides many opportunities for staff and residents to connect and build healthy positive relationships.

The Young Mother's Program is currently serving about 100 women and infants each year, this number is broken down between residents of the housing program, women on our program wait list, and former housing program participants. In our initial application we focused mainly on providing PA funded services to women and their infants that participate in the housing program and work with community services providers to give women referral and advocacy services. We continue to do this work, however we have found that that was not enough and began expanding programming opportunities to women that had moved out of the residential program and were having 2nd babies and still needing support. Our program builds a solid healthy relationship with women and children, creating a safety net for them in the future. During our initial grant cycle, the only activity that was removed was pregnancy testing. We have very good relationships with providers such as Birth Right, Life Care Center, and Women's Care Center and felt women would be better served at a site where there would be more support than us simply giving women a home pregnancy test. By referring women to these centers they are also able to access earn to learn programs and ultrasounds. During one year, we did also add providing assistance with payment for Birthing Classes through our local hospitals. We found that this was not a good way to use PA funds, as some insurance providers will cover the expense of the class—and if not, if we work with the hospitals, they will often provide the class for no charge when a woman is unable to afford it.

During the 4th year of our grant cycle, the number of women and infants that we served increased. I believe this to be due to us intentionally providing PA funded services to former residents facing second pregnancies and still being vulnerable.

The Spirit Valley Young Mother's Program will continue to provide trauma informed care to many of the most vulnerable families in Duluth. We are looking to expand and reach out to more women that may not be seeking services from us because they don't need housing.

3. Fiscal Review

- Review of the 2015-16 expenditures spreadsheet sent by Ellen Heit.
All accounting agree with Ellen spreadsheet.
- Have you revised your 2015-16 budget justification?
Yes, a budget revision was sent in and approved this spring.

- Any questions on your completion of the 2014-16 grant and your budget?
There will be enough funds to get through the remainder of the fiscal year. No other questions were asked.
4. Do you have any questions on the findings from your **Financial Reconciliation**?
No Major finding, and the organization's financial person was comfortable with the FR.
5. **Grant Closeout Form**
- You will have an opportunity to review a draft of the Grant Closeout Form.
6. **2015-16 Evaluation - Due June 10th**
- Your 2015-16 Evaluation Plan will be discussed. Any suggestions provided in your 2013-14 Report Summary should be included in the plan, if you are continuing the same evaluation.
The topic used for the YWCA's evaluation study was nutrition education. Their project is almost complete. They have hired a contractor to help with the study and are in the process of putting the report summary together. The report will be due on June 10.
 - Any questions on the expectations of the report or your organization's evaluation plan for 2015-16?
No questions at this time.
7. **Positive Alternatives website**
- The PA website will be reconfigured once contracts are all signed.
 - Resources for grantees will remain basically the same.
 - WRTK booklet revisions have not yet been completed.
All of these update will be completed soon.
8. **Grant Manager Updates**
- The new grant cycle will have yearly budget versus the two year budgets with the current grant cycle. There will be a director's and staff grant administration webinar for the new grant cycle to be held on Thursday, July 14th. Time will be announced soon but plan for it to be scheduled in the morning. PA policies are being revised and will be ready for the new grant cycle.
9. **Issues specific to this grantee**
- An issue that was discussed is the long wait list for the PA program/ residence. Part of the challenge with those on the wait list is trying to interact and assist them while they are waiting to get into the residence. The staff recognized that the possibility of a pre-transitional shelter for those women who are on the wait list may be an option. This has been a continual challenge for this program with the huge need and not enough beds for those in need.
10. **Facility**
- If your facility has been remodeled or updated please give an update. Do you have any plans to move your organization to another building in the near future?
 - If grant-funded activity areas have been significantly altered, be prepared to discuss.
There is a definite need for expansion. Affordable housing for those who have completed the program is also a point of need. A partnership with a property

management company has been made that will provide low income housing for those who need a transition from the program into affordable housing.

11. Health Equity is a priority goal at the Minnesota Department of Health. How is your organization addressing this need?

The YWCA is the only organization in the area that provides housing to the 16- 18 year old young women in unplanned pregnancy situations. The YWC A also has become active in a local coalition that is looking at promoting health equity in all policies city-wide.

12. What are the new unaddressed needs in the communities you serve?

Affordable low income rental and housing is an unaddressed need. Homeless youth has also become a big need in the area.

- Do you have a well-developed and up-to-date list of community partners available?
Yes, the YWCA works with many crisis shelters, child protection services, housing advocacy and with early childhood education advocacy.
- Are you able to make warm referrals to any of these partners?
Yes, the YWCA has many connections in the area.

13. Clients stories (along with client data collection) are an important component of the work we do. Client stories fill in the gaps that data can't detail and humanize the efforts made by all grantees.

- **Have you submitted your PA funded client stories yet?**
No, a client story has not been submitted yet but will be sent in soon.

14. How can MDH be more supportive of your program?

The staff would appreciate more collaboration with other PA grantees.

15. Other?

The YWCA has a residence program that houses young women in unplanned pregnancies giving them the support they need to carry their pregnancies to term and parent their babies afterwards. They have had an extended wait list for the last several years and are not able to service all the need in the Duluth area. That is the challenge they face along with assisting the women who are on the wait list while they are waiting for a bed in the program.

Site Visit Date: May 20, 2016

Center: YWCA Duluth

Grantee Staff: Melissa Hellerud-Storie

Positive Alternatives Grant Manager: Mary Ottman